

The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595
www.hamiltonma.gov/government/council-on-aging



“The mission of the Town of Hamilton Council on Aging is to create a friendly and safe community for seniors by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their well-being and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent.”

Hamilton Senior Center

Acting Town Manager
Chief Russ Stevens

Center Staff

Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board

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Steve Walsh, *ViceChairman*
Nancy Longval, *Secretary*
Betty Gray
Linda Spong
Stacy Verge
Caroline Mullen

Senior Van Service

Beauport Ambulance

DONATIONS TO THE COA

Please consider making a tax deductible * donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director at 978-468-5595 for further information *Please check with your tax expert to determine if this donation is right for you.

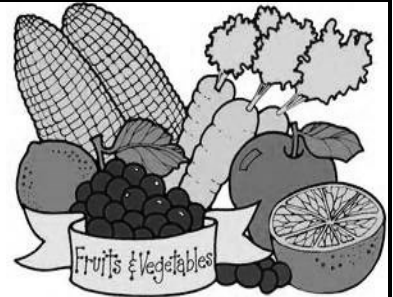


Fire Fighters Sponsor BBQ for Seniors

Wednesday, June 120^h at 11:00

Please save June 20th for a Summer BBQ cook-out sponsored by the **Hamilton Fire Department**. BBQ includes hamburgers, hot dogs and all the fixings plus a hot fudge sundae bar by **Cherry Hill Creamery**. FREE to seniors in Hamilton. Please make your reservations with Mary Beth.

Senior Center Produce Market To Resume Mid-June



Deliveries of fresh produce during the growing season will begin as soon as seasonal produce is ready for harvest from gardens around Hamilton. The kinds and amounts of produce will vary from week to week depending on availability. Distribution will take place after Open House on Wednesdays at about 11:15. The program is being done jointly by the Hamilton COA and Hamilton Acord Food Pantry.

“GENERALS FOR GENERATIONS”

The Hamilton Council on Aging in partnership with the Hamilton-Wenham Regional High School is pleased to announce the start of a student-led volunteer program called “Generals for Generations”. This program will provide Hamilton seniors with much-needed help every week on Wednesday afternoons between 1:30 and 2:30. If you are someone over the age of 60 in Hamilton and need help with chores like changing light bulbs, cleaning out a cabinet, raking leaves or shoveling snow, Nick and Will and their band of student volunteers stand ready to help.

Just call 978-468-5595 and tell Mary Beth what you need done or if you have any questions. Make sure you get your request in by the Friday before you need help.

The **Acord Food Pantry** has donated pre-packed boxes of basic non-perishable food that Seniors can pick up (free of cost) at the Senior Center for their own use or for others that they know who might be in need.

SAVE THE DATES:

- SENIOR CARE BBQ: 7/20
- BRAD HILL BBQ: 8/10
- SENIOR CARE LOBSTER ROLLS: 8/17



THANK YOU FOR YOUR CONTINUED DONATIONS OF KEURIG K-CUPS TO THE SENIOR CENTER

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00 Program at 10:30

June 6

Bingo and Hot Dogs

June 13

Scarf Painting Class

lead by Putnam Farms Activity Director

June 20

Fire Fighters BBQ for the Seniors

June 27

Home Modification Program

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

June 7 "The Shape of Water" Sally Hawkins, Doug Jones, Michael Shannon

Adventure, Fantasy. A mute cleaning lady working in a secret U.S. government lab in 1962 befriends an otherworldly, aquatic creature who's being held there against its will. In time, she and her friends decide to help it escape from captivity, even if it means risking the wrath of a ruthless G-man.

June 14 "I, Tonya" Margot Robbie, Allison Janney, Sebastian Stan

Comedy, Drama. This biopic uses the format of a faux documentary to trace the rise and scandal-fueled fall of figure skater Tonya Harding. Pushed into skating by her domineering mother, Harding finds great success, yet ends up clashing with the sport's desire to mold its female athletes into an image of wholesomeness. Later, her career comes crashing down when her ex-husband orchestrates an attack on rival skater Nancy Kerrigan.

June 21 "Mark Felt" Liam Neeson

Historical Drama. In this docudrama, FBI associate director Mark Felt changes the course of U.S. history by acting as an informant for journalists Bob Woodward and Carl Bernstein during their investigation of the Watergate scandal. Felt's devotion to his ideals eventually helps topple the Nixon presidency.

June 28 "Roman J. Israel, Esq." Denzel Washington

Crime Drama. Roman J. Israel is a brilliant, stubbornly dedicated lawyer who has spent his life doing pro bono work for little financial reward. When his legal partner dies and he ends up at a tonier law firm, Israel gets involved in a complicated murder case that offers him an opportunity to get rich if he compromises his ethics.

DONATIONS GRATEFULLY ACCEPTED FOR COFFEE (K-CUPS), CANDY AND CANES! THANK YOU FOR THINKING OF US!

June Luncheon Specials



TRAVELING CHEF

Friday, June 8 at Noon

"Summer Sundae Bar"

The menu is Chocolate or Vanilla Ice Cream, Hot Fudge, Strawberry Sauce, Whipped Topping, Sprinkles, Crushed Oreos, Cherries. Please make your reservations with Kim at 978-468-2616 by 11 AM on June 4th. Suggested donation for meal is \$3.

SeniorCare Monthly Special

Thursday, June 14 at Noon

"Father's Day Special"

The Special is **free** for Hamilton Fathers so don't forget to sign up by June 11th. SeniorCare Special this month is BBQ Ribs, Macaroni & Cheese, Baked Beans, Peach and Blueberry Crisp & Topping, White Dinner Roll, Chocolate Truffles.

Soup and Sandwich or Salad Lunches

June 7 Roast Beef & Provolone Sandwich with Summer Florentine Soup

June 28 Chef Salad with Turkey, Egg and Cheese and Kale and White Bean Soup



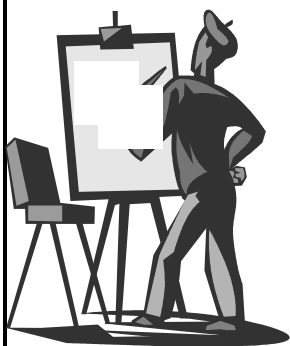
The Council on Aging section of the Hamilton website can be found at: www.hamiltonma.gov/government/council-on-aging. You can also navigate to the Council on Aging page by following the "Your Government" menu on the main page of the Hamilton website: www.hamiltonma.gov

FREE DVD AND BOOK LENDING LIBRARIES FOR SENIORS.

Senior Center Movie DVD Library list is posted on entry bulletin board. Seniors may borrow movies for 3 days. We also have a large take-home book library. Come and check it out!

See Mary Beth.

Senior Center Activities & Notices



PAINTING WITH ALEAH

Wednesday, June 13th.
at 2:00 PM

Stimulate your creative senses with a step-by-step painting class.

Aleah Gates, a graduate from

Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need will be provided (paints, canvas, brushes, etc.) for a fee of \$10.**

Friday, August 17
Lobster Roll Lunch

Mark
Your
Calendar



Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.



The Hamilton-Wenham

Low Vision Group will meet

on June 21. Meeting starts at 11 am, followed by optional free lunch at 12 noon. Program TBD. Lunch reservations are due 1 week

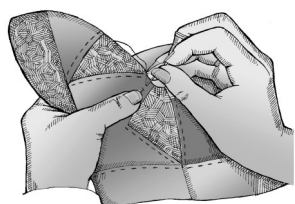
before the event.

This group is open to residents of Hamilton and Wenham who have low or no vision; family members welcome to attend also, and those from surrounding towns without a local low vision group. Our group combines "business with pleasure," by scheduling speakers and entertainment opportunities, monthly. We are also developing a resource book on local services for macular degeneration, glaucoma, and other vision disorders.

Hamilton Fire Department - Lock Boxes Available

The Hamilton Fire Department is happy to announce a new seniors program that is available on request. This program is a grant offered through the Hamilton Wenham Rotary Club and is being distributed by the Hamilton Fire Department. We currently have forty lock boxes to loan out and install on seniors' homes at no cost. All you need to do is allow us to install this device on your house and place your Spare Key inside the box. The box then would be accessed only by the Hamilton Fire Department and could be used to gain access in case of a fire, medical or any other type of emergency. Just call us at (978)-468-5558 between the hours of 8am and 5pm Tuesday through Friday to set up an appointment. Thank you in advance for letting us keep you safe.

Captain Raymond Brunet



Quilt & Kvetch* Tuesdays at 1:00

The Quilting Group includes anyone who enjoys sewing and it is as much about getting together as it is about sewing. Led by experienced

quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use.

*We use the word Kvetch affectionately, meaning to get things off your chest, sound off, say what's on your mind.

QUILTING GROUP

Health and Wellness



Chair Yoga

Monday Mornings at 10:30

First timers can try a class for free. \$8 per class for drop-ins or \$40 for an 8 week series.

Gentle Joints

Friday Mornings at 10:00

Gentle Joints is an exercise class that is easy on your joints and will improve your strength and balance. Safe movements and proper body alignments are emphasized. All exercises can be done while seated or standing and everyone moves to their own ability. The Arthritis Foundation Exercise Program was developed especially for people with arthritis who wanted to maintain their fitness goals while reducing arthritis pain. Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants.

First timers can try a class for free. \$8 per class for drop-ins or \$40 for an 8 week series.

Register at the Hamilton Recreation Department on Monday, Wednesday, or Friday between 9:30 and 11:30 to get a FREE pass to use the Gordon College Bennett Center's indoor walking track.

Do You Have a Cell Phone?

Please let Mary Beth know if you do not have a cell phone. We are trying to ensure that all of our senior residents have a way to be contacted when the power goes out and a Code Red message can be sent on their cell phone to let them know of updates and that the shelter is open.

How is Your Balance?

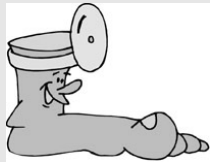
Free Assessment Tuesday May 1st.

On Tuesday, May 1st. from 10:30 to 11:30, Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center to do free assessments of your risk for falling and the factors that contribute to balance, stability and overall wellness. Learn how you can reduce your risk of falling, become or remain independent throughout your daily life. You will receive helpful hand outs on:

- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

Screening is performed on a first come, first served basis and takes approximately 8 minutes.

The Center will be doing screening in Hamilton every month.



Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Hamilton COA

- June 6 and October 10; Wenham COA - August 8 and December 12. Appointments are scheduled 15 minutes apart starting at 9:00 am on the last Wednesday of the month. The Wenham COA will book all appointments at 978-468-5534.

Free Blood Pressure Screening

Nurses are on duty on the second and fourth Wednesdays from 10 to 11 AM at the Hamilton Senior Center. No appointment needed.



We are looking for a new audiologist. Stay tuned.

Neighbors Helping Neighbors

The Hamilton Foundation (THF) was created to help meet unexpected, urgent, and short-term needs of Hamilton residents due to job loss, death, divorce or catastrophic illness. All requests are confidential. Contact Coordinator, Jane Wetson, 978-233-1816. The Hamilton Foundation, c/o Town Hall - P.O. Box 429, Hamilton, MA 01936. Through financial support and referrals, THF helps Hamilton residents when unexpected emergencies occur. THF provides up to \$750 for urgent, short term problems such as: Mortgage or rent assistance, Emergency home repairs, Emergency heating and utilities, Temporary transportation, Food and nutrition, Home health care, Prescription medicine and medical supplies. THF also provides referrals to government agencies and private social service organizations that can provide additional services or longer term support.

LAW CLINIC

Attorney Matt Karr's Law Clinic is at 12:30 PM on the last Wednesday of the month.

Call or email Mary Beth for appointment.

Day Trips

For more information, please contact Ann Chivakos at 978-468-4404 or email her at: charles.chivakos@verizon.net. YOU DO NOT HAVE TO BE FROM HAMILTON TO JOIN ANY TRIP!

June 27– Falmouth , MA

HIGHFIELD HALL & GARDENS with Coonamessett Inn

Bring your appetite to the quaint *Coonamessett Inn* in Falmouth where you'll enjoy a **delicious luncheon** with your choice of Baked Chatham Scrod, encrusted with fresh herb crumbs, chives and tomato beurre blanc, or Chicken Piccata with mashed potato and seasoned vegetable. Each selection also includes a cup of New England Clam Chowder and strawberry shortcake with coffee, tea or iced tea.

Then get ready to experience the yesteryear of Cape Cod at the beautiful **Highfield Hall & Gardens**. This thriving historic landmark and cultural center boasts an exquisite estate, spectacular gardens and over 400 acres of nature trails. Learn the dramatic history of the estate, enjoy the changing art exhibitions, walk through the newly-restored gardens, or simply take in the serene ambiance of it all. Your **guided 1 ½ hour walking tour** will include both the inside of estate and outside gardens (weather permitting). **Please be advised: While the estate is equipped with elevators and is fully accessible, this tour also involves some amount of walking and is not recommended for those with difficulty in mobility. Benches are provided in the garden area.**

- Cost is \$89.00pp and includes Guided tour of Highfield Hall and Gardens, lunch at the Coonamessett Inn, shopping in lovely downtown Falmouth
- Deluxe motorcoach transportation. Leave around 9am
- Checks payable to Joanne Tours LLC and drop off/mail to Hamilton Senior Center

July 30 - Wolfeboro , New Hampshire

" America 's First Summer Resort"

We will travel to the beautiful Wolfeboro, New Hampshire area for a boat ride, luncheon and museum visit. We will cruise along the shore of Lake Winnepesaukee aboard the 65 foot riverboat style paddlewheeler called the "Winnepesaukee Belle "offering two decks for you to choose from and the main salon is air conditioned for your comfort. Your **1 ½ hour tour will be narrated**, and some of the things you will see are, one of the oldest boatyards on the lake, the former Chiang Kai-shek property, a loon refuge, and several islands with interesting stories.

Lunch today will be at **The Wolfeboro Inn** (2017: Yankee Magazine Editor's Choice for NH's Best Lakeside Inn). Your group will love the food and atmosphere of this lovely property. You may choose from Pesto Roasted Chicken Breast with Fresh Mozzarella and Bruschetta Topping or Cod Piccata with Lemon Caper Sauce.

After lunch, you will visit the Wright Museum, a unique place that showcases America at War and The Home Front 1939-1945.

- Cost is \$83.00 per person and Includes: Round trip deluxe motorcoach transportation, narrated boat tour, luncheon, dining room taxes and gratuities, museum admission and shopping.
- Please make checks payable to Royal Tours , LLC and drop off/mail to Hamilton Senior Center
- Leave the Hamilton COA at 8:00 a.m. - Home approximately 6:00 p.m.



August 25 – Sea'ing the South Shore

We have an exciting summer day planned! Our nautical adventure will begin with a **visit to Scituate Light**. Here we will have a local historian **talk about the history of**

the light & its link to the War of 1812, the area, the storms, and the people who lived here. We will see more than twenty graphic panels on the history of the lighthouse lining the walkway from the house to the tower. If available that day, you can also climb up the lighthouse!

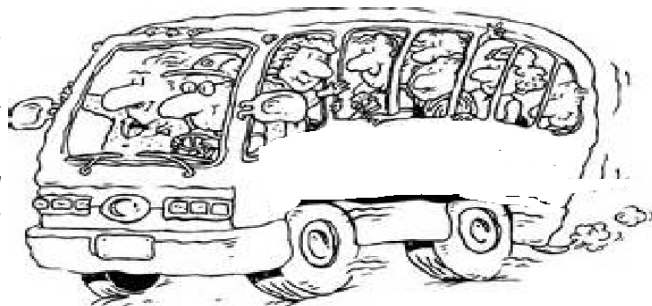
Next we will enjoy a **special luncheon at the Barker Tavern** in Scituate. The Williams-Barker house is said to be **the second oldest standing house in the United States**. In this charming setting we will enjoy your choice of **Chicken Marsala** sautéed with Marsala,

mushrooms and sweet butter; **or Herb Crusted Haddock** broiled with a lemon caper beurre blanc; **or Steak** charbroiled with mushroom sauce. All of these will be served with Salad, Proper accompaniments, Coffee, Tea and Dessert.

After lunch we will hear about the history of the Pilgrims on the coach. We will see Plymouth Rock and board the Pilgrim Belle for a **narrated cruise of the harbor aboard an old fashioned paddlewheeler**.

- **\$101.00 per person** includes Luxury motorcoach round trip transportation, talk at Scituate Light, Lunch at Barker Tavern, Tour of Plymouth, Narrated cruise of Plymouth Harbor , gratuity to driver, and lots of fun!
- Motorcoach leaves at 8:30 am from the Hamilton COA and returns around 6pm.
- Seating is limited for this trip!
- Please make all checks payable to All Around New England and mail or bring the check to the Hamilton Senior Center.

All trips leave from and return to the Hamilton COA. For more information and to register, please contact Ann Chivakos at 978-468-4404 or email Ann at: charles.chivakos@verizon.net. *Please be aware that there are **NO** refunds when you cancel your reservation. You are responsible for finding someone to take your place and be reimbursed by them directly. The COA maintains a "wait list" for our full trips and will make every effort to put you in touch with someone who wants to go on that trip.*



Outreach Corner

Did you know that the toothbrush was invented in June 1498, in China? Prior to that, people used “chew sticks” with frayed edges rubbed against the teeth. So, the bristle toothbrush has been in use for over 500 years!

Did you know that your dental health as a senior is very important? There is a documented relationship between your health and your oral hygiene; and it works both ways. The American Dental Association (ADA) notes that your risk of cavities increases with age, because of thinning enamel and higher incidence of “dry mouth”, a side effect of many prescription medications that reduce saliva in the mouth that protects teeth. And doctors are aware that some diseases have oral symptoms, most notably ulcerative colitis, lupus, heart and liver disease, eating disorders and diet deficiencies, anemia, diabetes, arthritis, osteoporosis, and some autoimmune diseases.

The website for A Place for Mom describes the connection between oral bacteria and heart disease. Many people with known heart conditions take antibiotics when they have their teeth cleaned to lower the risk of oral bacteria impacting the heart tissues and function. Oral bacteria are also linked to pneumonia, because people can breathe the bacteria into their lungs. And finally, gum disease and diabetes are related: high blood sugar has an effect on gum tissue, and gum infections can take longer to heal for a person with diabetes. Gum

disease or periodontitis is a result of plaque or food left on and between teeth, use of tobacco products, unhealthy diets, poor fitting dentures, and diseases such as diabetes, anemia, and cancer. You can have a genetic predisposition for gum disease as well. Poor oral hygiene can result in tooth loss. If you lose teeth, the remaining teeth can start moving around in your mouth, leading to an “uneven jawbone” that impacts your bite not just your appearance, which in turn impacts what you can eat.

All of this can be prevented by maintaining a regime of good oral hygiene and a visit to the dentist at least once a year. Do not wait till you have pain to visit your dentist! As you get older, the nerves in your mouth get smaller and less sensitive to pain, so you feel less pain; and pain is not even a symptom of gum disease until it starts affecting exposed tooth roots. Recommendations for a good oral hygiene plan include the following: brush twice a day using a small-head soft-bristle toothbrush; floss once a day to get debris from between the teeth; keep hydrated; get fluoride in your toothpaste, mouthwash, and tap water; let your dentist know what medications you take and what health conditions you have; quit smoking; and if you have arthritis, consider moving to an electric toothbrush.

Lucy, Coordinator of Social Services and Outreach



New Medicare Cards and New Scam

New Medicare cards will be sent out from April 2018 to April 2019 to remove existing Social Security

numbers which are currently on cards. Medicare is warning us now about possible scams.

Here's what you need to know to protect yourself, family and friends throughout the US. Starting 4/1/18, Medicare will start a year-long project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently the ID number is your social security number. This is starting to hit the media. Scammers are watching and are opportunistic. First of all the new Medicare card will come to you in the mail. You don't need to request it or do anything. It will show up.

WHAT'S THE SCAM? Somebody from "MEDICARE " will call to

say you are getting a new Medicare card. But until it comes you will need a temporary card. Fee for the card is between \$5-50. They want personal information, bank account or credit card so they can process your temporary card.


THINGS TO REMEMBER: Medicare will never call you unless you ask them to. Medicare does all communications by mail unless you ask them to call.

HOW TO PROTECT YOURSELF FROM THIS ONE?

First of all spread the word. Feel free to share these notes. Use your answering machine to screen calls or just don't even answer a number you don't recognize. If it has happened to you or your friends or loved ones and personal info had been given out (happens considerably more often than you think) immediately take action to protect yourself against identity theft. Contact your local police department to let them know what happened with as much information as you can provide.

June 2018 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bolded items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or reservation</p>				1 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
4 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club	5 Sign up for Traveling Chef 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	6 9:00 Podiatrist 10:00 Open House 10:30 Bingo and Hot Dogs 10:30 Balance Assessments	7 12:00 Soup and Sandwich Lunch 1:00 Movie: “The Shape of Water” 2:00 Knitting @ Wenham COA	8 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Traveling Chef</u> “Summer Sundae Bar”
11 Sign up for SeniorCare Special 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	12 9:30 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	13 10:00 Open House 10:00-Blood Pressure Clinic 10:30 Scarf Painting 12:00 <u>Lunch</u> <u>2:00-Painting with Aleah</u>	14 12:00 <u>SeniorCare Special</u> “Father’s Day Special 1:00 Movie: “I, Tonya”	15 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
18 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	19 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	20 10:00 Open House 10:30 Fire Fighters Cook-out	21 11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: “Mark Felt” 2:00 Knitting @ Wenham COA	22 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
25 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	26 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	27 9:00 Falmouth Trip 10:00 Open House 10:00-Blood Pressure Clinic 10:30 Home Modification Program 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u>	28 12:00 <u>Soup and Salad Lunch</u> 1:00 Movie: “Roman J. Israel, Esq.”	29 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>

Hamilton Council on Aging
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Hamilton, MA 01936

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ton@hamilton.ma.gov

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Deliver to addressee or current resident

The Town of Hamilton provides the Senior Center for you if you are 60 years old or more. The Council on Aging invites your participation in all that is offered and encourages your input and involvement.



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

Booking Line Phone Number: 978-281-6955, 24-hour open dispatch line

Cost: \$3.00 round-trip for non-medical trips. **FREE** for medical appointments and trips to and from the Senior Center. Long distance outings offered at discounted rates.

Hours of Operation: Monday through Friday, 8 am until 4:00 pm (late appointment accepted if necessary)

Booking a Pickup: Can be done 24 hours a day. 24-hour notice needed (though exceptions can be made if possible.)

BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP

Points: Beverly, Hamilton, Wenham, Ipswich, Salem, Rockport, Gloucester, Manchester, Essex, Danvers, Peabody

Daily Senior Lunches

SeniorCare serves daily lunches at the Hamilton Senior Center for all those age 60+ and their spouse of any age. Meals include an entrée, side dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. Reservations are necessary and must be made by 10 AM - 2 days before the day you wish to eat lunch by calling Kim at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 48 hours of your reservation. You can make multiple reservations at the same time.) There is a voluntary donation of \$2.00 per meal.



Lunch Menus are at the front desk of the Senior Center and can be found on-line at www.hamiltonma.gov/government/council-on-aging

"The Hamilton Hamlet" is the official newsletter of the Hamilton Council on Aging with information specifically about its programs and activities. In addition, the Hamlet's publisher, produces "The Hamilton Connection" free of charge with additional information that may be of interest to seniors.